

MARY WISE Menu Planners



CALIFORNIA'S FAMED chicken comes into its own as a glamour entree when dressed up with orange and stuffing. Use it for guests when the dinner hour is flexible.

Party Entree Waits Call of Dinner Gong

Expecting guests who usually linger over cocktails? This plate of Chicken Breasts with Orange, which includes a delightful dressing made with the new Wonder Soft Whirled Bread, is a recipe that will easily meet the situation.

You know how accommodating chicken can be when entertaining—a little longer than you planned in the oven isn't going to ruin it.

CHICKEN BREASTS WITH ORANGE

- 2 teaspoons grated lemon rind
- 2 teaspoons grated orange rind
- 1/2 cup orange juice
- 2 tablespoons lemon juice
- 1/2 cup brown sugar—firmly packed
- 2 tablespoons sherry (optional)
- 1 1/2 qts. day old Wonder Soft Whirled Bread cut into cubes (1/2 inch)
- 1/2 cup chopped parsley
- 1/2 cup chopped celery
- 1 teaspoon salt
- 6 breasts chicken, paprika, salt.

Place 1 teaspoon lemon rind, the orange rind, orange juice, lemon juice and brown sugar in a saucepan. Bring to boil, then simmer for 20 minutes. Remove from heat and add Sherry.

Combine cubes of Wonder Soft Whirled Bread, parsley, celery, salt and remaining lemon rind. Place bread cube mixture in lightly greased (9 or 10 inch) square pan.

Top with breasts of chicken. Pour half of sauce over chicken, then season with salt and paprika. Bake in moderate oven (350°F) for 45 minutes.

Pour rest of sauce over chicken and cook for another 30 minutes or until tender and brown. Remove dressing from pan and place on platter. Top with chicken breasts and garnish. Six servings.

Popular Beef Has Guides for Buying

Ground beef is an American favorite which is about as popular as steak, according to a survey conducted by the USDA. It is popular year-round; economical and easy to prepare in a variety of ways.

You may order hamburger or any specified cut of beef ground to order upon request. Hamburger, by definition, is chopped fresh beef with or without the addition of fat and shall not contain more than 30 per cent fat.

Wholesale Request
It is possible when ordering hamburger from wholesale meat companies to specify the percentage of lean meat to fat. A good proportion is 75 to 25.

The two most popular cuts for grinding are beef chuck and round. Hamburger usually contains more fat than either of these and shrinks considerably on cooking but many people prefer it for its price tag.

WEIGHT WATCHERS
Ground round offers the most lean meat but also demands the highest price. Weight watchers prefer to use round because of low fat content which makes lower calorie count.

Others feel that ground round patties tend to be dry and crumbly because of the low fat content.

Quality and Care
Regardless of what cut you decide to buy, be sure to buy fresh meat. High quality meat has a bright red color and the visible fat is creamy white.

Ground beef is highly perishable because more of it has been exposed to contamination from air, from handlers and from chopping equipment. Try to use ground beef the day you purchase it.

If it is necessary to hold it a day or two, store it loosely wrapped in coldest part of refrigerator. For longer periods, store ground beef in freezer, properly wrapped at zero degrees. It may be stored this way about 4 months.

Yummy Dessert

Crush 2 cups strawberries. Make syrup by boiling together 1/2 cup sugar and 1/4 cup water for 5 minutes. Cool. Combine berries and syrup, flavoring with 1 tsp. Citra-Flavor.

Chill. Cut 2 medium cantaloupes in half and scoop out seeds. Place scoop vanilla ice cream on top. Top with chilled sauce.

Lace caramel or butterscotch sauce with rum flavoring or rum for ice cream topping.

Cranston Warns Demos To Check Registration

"The outcome of the California election will be decided well before November," State Controller Alan Cranston warned a meeting of 17th Congressional District Democrats Friday at the Higgins Brickyard patio room in Torrance.

Calling for a "redoubled registration effort in Los Angeles County," Cranston, Democratic candidate for re-election as controller, pointed out that "Democratic registration in this key county dropped 140,000 between the 1960 election and the recent primary while Republican registration went down only 50,000."

"STATEWIDE Democratic registration has declined 300,000 since 1960 while the Republican drop was only 83,000," according to Cranston, "and don't forget that Nixon won that 1960 election in California," he added with emphasis.

Cranston urged Democrats to volunteer at their local party headquarters as deputy registrars. "The material is ready and the procedure is easy," Cranston said. "What is needed desperately are the people to actually sign up the unregistered voters."

CRANSTON suggested voter apathy as a possible cause of the severe Democratic registration decline. "More than 150,000 fewer Democrats voted in the governor's race in this year's primary than in 1958," the Democratic leader pointed out. "The Republicans attracted 300,000 more voters this time than in 1958," he added, "making a net loss to the Democrats of 450,000 votes."

Cranston called for "a livelier campaign on the Democratic side to build up the turnout in November. If you don't register," he said, "you can't vote, and others will then have the power to make decisions that will affect you every day."

Toastmaster at the rally was Roger West, former president of Torrance Democrats, Inc. The fund raising event was arranged by David Lyman, Torrance chairman of the Re-Elect Cranston Controller Committee and current president of Torrance Democrats, Inc.

Music for dancing was provided by the Jordan Trio. A barbershop quartet sang and Dr. Frank Sullivan, professor of English at Loyola, gave a dramatic presentation.

"Registration closes Sept. 13," Cranston said, "and we must make up by then the ground we have lost since 1960 if we expect to win in November."

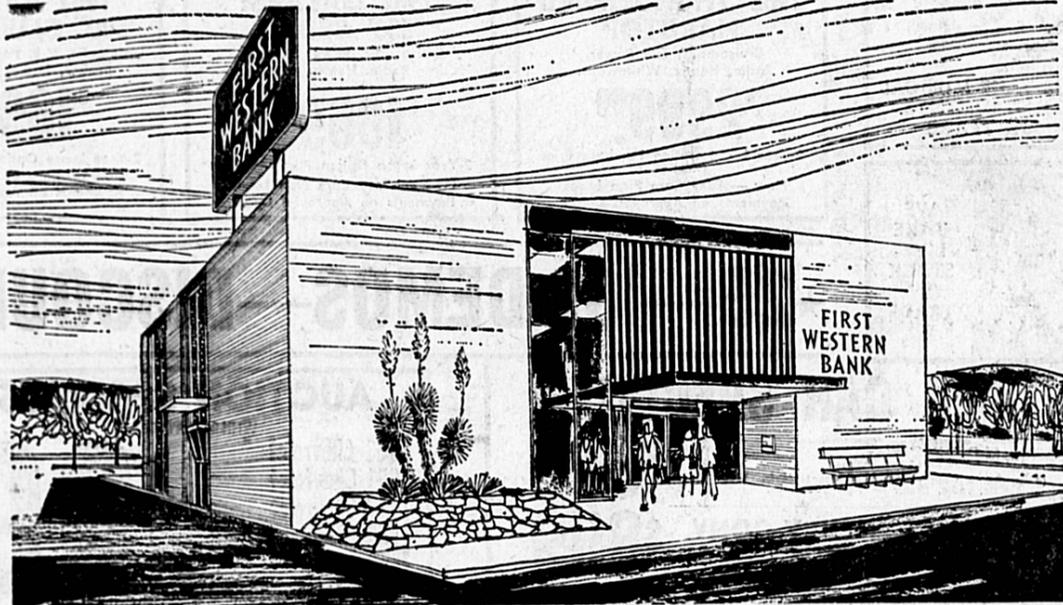


CONGRATULATIONS . . . Bill Evans, a retired Torrance Police officer, presents the keys to a new Ford truck and camper to Mr. and Mrs. Glenn Wurr, 10631 Hedlund Dr., Anaheim, while Lee Lease, grand exalted ruler of the Elks, looks on. The Anaheim couple won the car during the Rancho Days festivities.

Ronald W. Shaw, signalman third class, USN, son of Mrs. H. A. Green of 159 220th St., Torrance, is serving aboard the amphibious force flagship USS Estes which is participating in the annual "Sea Fair" festivities at Seattle, Wash.

Earl G. Beck, fireman apprentice, USN, son of Mr. and Mrs. Earl A. Beck of 23007 S. Meyler, Torrance, was graduated Aug. 14 from Electrician's Mate School at the Naval Training Center Great Lakes, Ill.

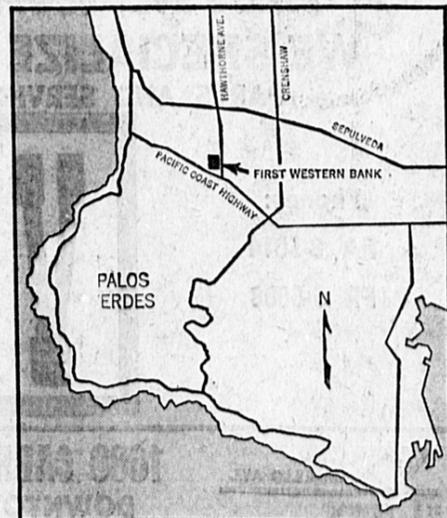
The 14-week basic course covers the repair, maintenance and operation of all naval electrical equipment. Studies also included the preparation and use of blueprints and wiring diagrams.



FIRST WESTERN BANK INVITES YOU TO THE GRAND OPENING OF ITS NEW HAWTHORNE-COAST HIGHWAY OFFICE

(Friday, August 17—10 A.M. to 6 P.M.) You are cordially invited to the opening of First Western's attractive new Torrance office at 23865 Hawthorne Avenue, directly across the street from our former temporary location. Here you'll find everything you need to make your banking pleasant and convenient: Plenty of parking (53 extra wide stalls.) Ample teller windows. A spacious lobby. Drive up window. Night depository. Complete safe deposit and escrow departments. And, of course, a courteous staff to handle your commercial and personal loan requirements.

FREE MONEY, TOO. A \$10.00 savings account will be given away every hour on the hour from 11 A.M. to 6 P.M. To be eligible, just stop by and register. You need not be present to win. There will be refreshments for everyone, so make a date to join the fun at First Western's Hawthorne-Coast Highway Office. Edward L. Talbert, Manager



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